WINTER RECREATION SAFETY

Ski and Snowboarding Tips Prior to Hitting the Slopes.

- Get in shape. Don't try to ski yourself into shape. You'll enjoy skiing more if you're physically fit.

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Obtain proper equipment.

- **Be sure to have your ski/snowboard bindings adjusted correctly.**
- **When buying skiwear, look for :**
  - **Water and wind-resistant fabrics**
  - **Wind flaps to shield zippers**
  - **Snug cuffs at wrists and ankles**
  - **Collars that can be snuggled up to the chin**

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Dress in layers.

- Layering allows you to accommodate your body's constantly changing temperature
- Dress in polypropylene underwear, which feels good, dries quickly, absorbs sweat and keeps you warm
- Wear a turtleneck, sweater and jacket

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Be prepared.

- Mother Nature is unpredictable
- Bring a headband/hat
- 60 percent of heat-loss is through the head
- Wear proper gloves/mittens

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- Wear sun protection. (sun reflects off the snow, even on cloudy days)
- Always wear eye protection. (sunglasses/goggles)
- Take a lesson. To become a good skier/snowboarder - take a lesson from a qualified instructor

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- The key to successful skiing/ snowboarding is control.
- Be Aware of:
  - Your technique
  - Terrain
  - Skiers/snowboarders around you
  - Snow conditions and changes

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- Skiing and snowboarding require a mental and physical presence. (Side step/walk down slopes beyond your ability).
- Drink plenty of water to prevent dehydration.
- Curb alcohol consumption. Skiing and snowboarding do not mix well with alcohol or drugs.
- Know your limits – and stop before you become fatigued.

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"Your Responsibility Code"

1. Always stay in control.
2. People ahead of you have right of way.
3. Stop in a safe place for you and others.
4. Look uphill and yield.
5. Use appropriate devices preventing runaway equipment.
6. Observe signs/warnings and keep off closed trails.
7. Know how to use the lifts safely.

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Skiing.

- Ensure bindings release properly.
- Never go too fast – you can lose control or hit a mogul or tree.
- Consider wearing a ski helmet to reduce the risk of head injury.
- Approach tow lifts with caution. Beware of long scarves that could become entangled in the .

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Snowboarding.

- Snowboarding is one of the most popular and fastest growing winter sports.
- With its growth in popularity, there has also been a rise in the number of snowboarding related injuries.
- The most frequent injury in children is a fracture, often to the wrist or forearm. Serious injuries and deaths have occurred. Most snowboarding injuries are preventable.

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Snowboarding injuries typically occur as a result of ...

- Speed and loss of control
- Collisions with other snowboarders / skiers or other objects
- Inexperience (about 60% of all injuries occur to snowboarders with less than 20 days experience)

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Snowboarding injuries – the root causes…

- **Lack of instruction**
- **Fatigue**
- **Poor-fitting equipment**

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Injury Prevention Tips:

- **Get Trained.**
- **Wear the Gear:**

✓ **Always wear an appropriate helmet with side vents that allow you to hear.**

✓ **Wrist guards reduce the risk of serious wrist injury.**

✓ **When renting or purchasing a snowboard, choose equipment to suit your skill level and size.**

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Boards.

- ***Width:*** **The width is determined by the size of your feet and your ability.**
- ***Length:*** **For beginners, board length is determined by your weight and ability.**
- ***Flex:*** **Beginners should choose a soft, flexible board.**

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- **Boots.**
  There are two types of boots - soft and hard. Boots should fit comfortably and firmly. Loose boots can lead to injuries.
- **Bindings.**
  All snowboarding binding mechanisms are non-releasable. The non-releasable feature helps to reduce the risk of a lower limb injury.
- Front foot should be attached by a security leash.

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On the Hill:

- Warm up and stretch before you get on your board.
- Never snowboard alone.
- Rest if tired and go inside if you are cold.

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On the Hill:

- Snowboard on runs that are appropriate for your ability.
- Know your terrain. (snow conditions change from day to day)
- If you start to fall, make a fist to avoid wrist injuries.

ICE SKATING

- Always skate with friends – never alone
- Skate on shallow, flooded fields or supervised areas
- Never skate on lakes/ponds/rivers
- Never skate close to open bodies of water

ICE SKATING
EMERGENCY TIPS:

- ***If you fall into icy water:***
  - Do not thrash around
  - Extend your arms over the edge of the ice, and kick vigorously to propel yourself onto the ice
  - A pocket knife, belt buckle, or keys might help you to get a grasp
  - Once on the ice - roll gently away from the break
  - Do not stand up until you reach a firm surface

- ***If you need to help another:***
  - Do not walk on the ice
  - Move slowly and carefully
  - Lie down flat on the ice to distribute your weight
  - Use reaching aids - rope, board, blanket, sled, jacket

ICE FACTS

Note: River ice is usually 15 percent weaker than pond/lake ice

- New ice is stronger than old ice
- As ice ages, the bond between the crystals decays making it more dangerous and weaker even if melting has not occurred.
- Ice thickness and strength can vary from location to location

ICE FACTS

- Snow can insulate ice and keep it strong or insulate it to keep it from freezing
- Snow can also hide cracked, weak spots, and open water areas
- Slush is a danger sign - It indicates weak/deteriorated ice, not freezing from the bottom
- Never check ice or rescue a victim alone - you could go from rescuer to victim very quickly. Get help!
- Always check the ice before going out on it

WINTER RUNNING

- Extra stretching before and after running in cold weather is common sense:

  - stretch muscle, while holding it in place for 15 to 20 seconds.

  - warm up for 12 to 15 minutes.

- Run on "forgiving" surfaces. Soft, even surfaces like grass/dirt/tracks are your best option.

WINTER RUNNING

- You need a good pair of shoes, a willing spirit, and proper clothing (hat, gloves, sweats, etc.) for winter weather.
- Individual runners have the following responsibilities:
  - Avoid uneven/slippery surfaces. Run on sidewalks/shoulders free of ice and snow.
  - Avoid traffic. Run in public parks/ areas without traffic.
  - Yield to vehicles. If running on the roadway, stay on the extreme left facing oncoming traffic.
  - Run in single file when jogging with others. Leave space between joggers to see hazards.

WINTER RUNNING

- Pedestrian traffic rules apply - Stop for red lights and cross at intersections or crosswalks
- Wear light-colored clothing and reflective vest, when running in the early morning, at dusk, or at night
- Don’t run in a snow storm
- Keep alert and watch for hazards
- Army Regulations prohibit the use of headphones/earphones while walking, jogging, skating or bicycling
- Let someone know your jogging route, and when you expect to return